



4 Categories of **CARRIER OILS** to Know

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1 **Beginner Oils:** *Olive and Coconut*



The best place to start is at the beginning, and for DIY aromatic and herbal preparations, that's right in your own kitchen.

👉 **Olive Oil**

👉 **Coconut Oil**

Choose these when: Quick dilutions with what you have on hand; enhancing skin healing; use in a drink or culinary preparation.

2 **Nut & Seed Oils:** *Almond and Jojoba*



Probably not in your kitchen for cooking, but these oils are still very commonly purchased, easy to work with, and rich sources of skin-health nutrients.

👉 **Almond Oil**

👉 **Jojoba Oil**

Choose these when: Skin is dry or inflamed; nutrients are lacking; versatility and ease of use are desired.

3 **Fruit Oils:** *Apricot, Avocado, and Grapeseed*



Easy to remember thanks to kitchen staples, these oils typically come from the seeds of their respective fruits, as is the case with the other carrier oils.

👉 **Apricot Oil**

👉 **Avocado Oil**

👉 **Grape Seed Oil**

Choose these when: Creating a massage oil; looking for deep hydration; creating chapsticks and balms.

4 **Essential Fatty Acid Oils:** *Borage and Evening Primrose*



While most of the carrier oils we've talked about and what is on the market are decent sources of essential fatty acids, some oils are considered good sources of these vital nutrients.

👉 **Borage Oil**

👉 **Evening Primrose Oil**

Choose these when: Resolving topical inflammation; essential fatty acid deficiency/imbalance is a problem.



Essential Oils and PHOTOSENSITIVITY

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Some essential oils can **increase the photosensitivity of your skin**. For example, chemicals in the **citrus family** such as bergapten are notable for their phototoxic effects. When bergapten is left on the skin and then exposed to the sun it can amplify the effect of the UV rays, potentially causing sunburn and leading to sun spots. Some people like to avoid using bergapten-heavy oils topically altogether, but simply avoiding the sun after use (such as using it at night before bed) is sufficient. Alternatively, steam-distilled citrus oils have lower concentrations of bergapten and mitigate this effect.

This list of photosensitizing and non-photosensitizing essential oils comes from the National Association for Holistic Aromatherapy.

Common Phototoxic Oils	Non-Phototoxic Citrus Oils
Angelica root <i>Angelica archangelica</i>	Bergamot: Bergapteneless (FCF: Furanocoumarin Free) <i>Citrus bergamia</i>
Bergamot <i>Citrus bergamia</i>	Lemon (distilled) <i>Citrus limon</i>
Cumin <i>Cuminum cyminum</i>	Lime (distilled) <i>Citrus medica</i>
Grapefruit (expressed or distilled, low risk) <i>Citrus paradisi</i>	Mandarin – Tangerine <i>Citrus reticulata</i>
Lemon (expressed) <i>Citrus limon</i>	Sweet orange <i>Citrus sinensis</i>
Lime (expressed) <i>Citrus medica</i>	Tangerine (expressed) <i>Citrus reticulata</i>
Orange, bitter (expressed) <i>Citrus aurantium</i>	Yuzu oil (expressed or distilled) <i>Citrus junos</i>
Rue <i>Ruta graveolens</i>	

Great care should be taken when using citrus oils during summer months and with your children, but you don't have to avoid them all together.

Many aromatherapists agree that heavily diluting citrus oils minimizes the risk.



Roller Bottle Guide:

Dilution Based on Age and %

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	5 ml bottle (1 tsp carrier oil)	10 ml bottle (2 tsp carrier oil)	
0.5%	less than a drop	1 drop	0-12 months
1%	1.5 drops	3 drops	
2%	3 drops	6 drops	
3%	4.5 drops	9 drops	1-5 years
4%	6 drops	12 drops	5-12 years
5%	7.5 drops	15 drops	
10%	15 drops	30 drops	12-18 years
			18+ years

- Good carrier oils for roller bottles are fractionated coconut, jojoba and almond.
- Always do a skin “patch” test before using new essential oils.
- Start by using the lowest concentration and add more essential oils as needed.
- 2-3% is the standard adult dilution.
- 0.5% – 1% for sensitive skin & application on sensitive areas like face and underarms.
- 3%+ is for acute, short term application like migranes and muscle soreness. Not to exceed 25%.
- Remember, a little goes a long way. The more carrier oil you use the lower the risk of irritation and sensitization.



DIY Dilution Guide:

Measured in Ounces and Tablespoons

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When making DIY products for therapeutic purposes, the following dilution guidelines are the recommended aromatherapy standard:

Note: There are 2 tablespoons in 1 ounce. So, if working with tablespoons are more comfortable for you, please use that chart.

OUNCES	
Infants & Children	
0.5%	3 drops of EOs per ounce of carrier
1%	6 drops of EOs per ounce of carrier
Adults	
2%	12 drops of EOs per ounce of carrier
3%	18 drops of EOs per ounce of carrier
5%	30 drops of EOs per ounce of carrier
10%	60 drops of EOs per ounce of carrier

TABLESPOONS	
Infants & Children	
0.5%	1.5 drops of EOs per tablespoon of carrier
1%	3 drops of EOs per tablespoon of carrier
Adults	
2%	6 drops of EOs per tablespoon of carrier
3%	9 drops of EOs per tablespoon of carrier
5%	15 drops of EOs per tablespoon of carrier
10%	30 drops of EOs per tablespoon of carrier